



RECIPE

Banana Pancakes



Ingredients

1 cup rice flour
3 tablespoons sugar
1 egg
1 cup milk
½ cup water
4 bananas
3 tablespoons coconut oil

Method

Whisk together egg and sugar until smooth.

Stir in milk, water and flour and mix until light and fluffy.

Heat large frypan over medium heat and add enough coconut oil to coat pan.

Slice banana and set aside.

Pour mixture in slowly and lay banana slices on top and increase the heat.

When pancake is golden brown, turn over and cook for 3 minutes. Flip pancake again and cook for a further 2 minutes.

Turn pancake out onto a plate, top with a couple of fresh banana slices and serve with a lime wedge and maple syrup.

Serves 4 – 5 large pancakes